



Kitchen Rules

Talk to a grown-up
before you start making a recipe.



Wash your hands
with warm water and soap.



Roll up long sleeves
or wear short sleeve shirts.



Tie back long hair
to keep it away from food.



Read the recipe
from start to finish.



Put out all the tools and ingredients.
French chefs call this “**mise en place**”
(say meez en plas).



Be sure to set the timer.



Measure carefully.



Be careful
around sharp and hot items.



Don't forget to clean up
the kitchen afterwards!

